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Best 5 Day Bro Split Routine to Maximize Strength and Mass

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Workout Summary

Goal	Build and Maintain Strength and Mass
Training Type	Body-part split
Duration	8-12 weeks
Frequency	5 days a week
Duration/session	45-60 minutes
Suitable for	Men and Women
Workout Plan for	Intermediate
Alternate Plans	5 Day Compound Workout Routine Upper/Lower 5 Day Split For Muscle Growth
Recommended Supplement	Whey Protein Isolate

Note: You can replace some exercises in the following weeks for better results. I've shared myriad exercises for each muscle group on this site, so you can explore them here in this category section.

The 5 day bro split can be effective if it is programmed well. For example, you primarily focus on [compound exercises](#) that strengthen the multiple muscles at once, such as bench press, squat, deadlift, [weighted pushups](#), bar dips, and pullups. The more compound exercises you do the better results you'll get.

Schedule

- Monday – Chest
- Tuesday – Legs
- Wednesday – OFF
- Thursday – Back
- Friday – Shoulder

- Saturday – Arms
- Sunday – OFF

Monday – Chest

Workout	Sets	Reps	Rest
Flat Barbell Bench Press	3	8-12 x 3	2-min
Incline Dumbbell Bench Press	3	8-12 x 3	2-min
Decline Cable Fly	3	10-15 x 3	90-sec
Dumbbell Pullover	3	8-12 x 3	90-sec
Parallel Bar Dips	3	AMRAP	2-min

Tuesday – Legs

Workout	Sets	Reps	Rest
Barbell Back Squat	4	15, 12, 8, 6	2-3 min
Machine Leg Press	3	15, 12, 10	2-min
Dumbbell Lunges	2	10 x 2	90-sec
Machine Leg Curl	3	8-12 x 3	90-sec
Barbell Hip Thrust	3	8-12 x 3	90-sec

Thursday – Back

Workout	Sets	Reps	Rest
Deadlift	3	8, 6, 4	2-3 min
Pullups	3	AMRAP	2-min
Front Lat Pulldown	3	15, 12, 10	2-min
Barbell Bent-over Row	3	15, 12, 10	2-min
Seated Cable Rowing	3	15, 12, 10	2-min
Single-arm Dumbbell Rowing	3	10 x 3	90-sec

Friday – Shoulder

Workout	Sets	Reps	Rest
Barbell Overhead Press	3	8-12 x 2	2-min
Dumbbell Front Raises	3	10 x 3	90-sec
Dumbbell Bent-arm Lateral Raises	3	10 x 3	90-sec
Seated Rear Delt Fly	3	10 x 3	90-sec
Barbell Upright Row	3	10 x 3	2-min
Barbell Shrug	3	10 x 3	90-sec

Saturday – Arms

Workout	Sets	Reps	Rest
Barbell Skull Crusher	3	10 x 3	1 min
Rope Pushdown	3	10 x 3	1 min
Triangle Pushup	3	10 x 3	1 min
Dumbbell Kickback	3	10 x 3	1 min
Barbell Bicep Curl	3	10 x 3	1 min

Incline Dumbbell Curl	3	10 x 3	1 min
Preacher Curl	3	10 x 3	1 min
Dumbbell Hammer Curl	3	10 x 3	1 min

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